

# NUTRITION

On Your  
Own

Self-Paced Lesson



SP — Mom Fitness

## Mom Fitness

Welcome to the **Mom Fitness** take-home class. One way of practicing self-care after having a baby is moving your body. This class focuses on physical activity with **Mom Fitness** workout videos built for new moms. Choose a workout that speaks to you or try them all!

**To get credit for this class, follow these steps:**

1. Read the lesson.
2. Do a workout from a **Mom Fitness** video.
3. Fill out the survey at the end of the lesson.
4. Bring the survey to your next WIC appointment.

Taking care of your baby is a big part of your life. But don't forget about YOU. To be the best mom you can be, you need to take care of yourself. That means eating healthy foods, taking time to do things for yourself and being physically active.

**Circle one or more reasons why physical activity is important to you:**

- Sleep better
- Move better
- More energy
- More confidence
- Sense of purpose
- Lower blood pressure
- Better blood sugar control
- Other \_\_\_\_\_



# Move Your Body!

Physical activity doesn't only mean jogging, swimming or going to the gym. Work your way towards being active for 20-30 minutes every day. Walking around the grocery store, dancing to your favorite music or taking the dog for a walk are easy ways to have an active life.

**List two physical activities you like doing or would like to start doing.**

1. \_\_\_\_\_
2. \_\_\_\_\_

## Work out with Mom Fitness!

Let's do a workout from the **Mom Fitness** YouTube playlist where you can find videos built for new moms. Our **Mom Fitness** trainers will guide you through 10-25-minute workouts, like yoga, cardio, strength and much more!



1. Compared to other exercise videos you've seen, please circle how you would rate **Mom Fitness**. (1 star = Not good, 4 stars = Great!)



2. Check the **Mom Fitness** video(s) that you watched:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Breath and Core Recovery | <input type="checkbox"/> Full Bodyweight Circuit                 | <input type="checkbox"/> Full Body Cardio          |
| <input type="checkbox"/> Full Body Cardio HIIT    | <input type="checkbox"/> Cardio Dance Workout                    | <input type="checkbox"/> Upper Body & Core Workout |
| <input type="checkbox"/> Gentle Yoga Workout      | <input type="checkbox"/> Glutes & Legs Circuit                   | <input type="checkbox"/> Core and Back Circuit     |
| <input type="checkbox"/> Post-Pregnancy Power     | <input type="checkbox"/> Five Simple Moves to Work Out with Baby |  |

3. Is there any other feedback you would like to give us about the **Mom Fitness** videos or take-home class?